Carter, Page are wed

The marriage of Miss Laura Ann Carter to Mr. Timothy Wayne Page took place on September 24. The ceremony was held at New Hope Baptist Church in Vera, at 1:30 in the afternoon. The pastor of the church, the Rev. Bob Williams, officiated.

The bride is the daughter of Ms. Barbara Pergerson, of Norfolk, and Mr. Harold Carter of Appomattox. She is the step-daughter of Mr. Roy Pergerson, of Norfolk. Mr. and Mrs. Herman Carter, of Appomattox, are the paternal grandparents and Mr. Henry Perdieu, of Appomattox, is the maternal grandfather of the bride.

The bridegroom is the son of Mr. and Mrs. Raymond Page, of Appomattox. The maternal grandmother of the bridegroom is Mrs. Maggie Neighbors, of Salem, Va.

The bride was given in marriage by her parents and escorted by her step-father.

Miss Amy-Ann Greenspan, of Richmond, Va., and Miss Lisa Ann Mann, of Appomattox, were honor attendants for the bride.

Mr. Charles Jamerson, of Appomattox, was best man for the bridegroom. Mr. Dean Page and Mr. Pat Page, both of Appomattox and brothers of the groom, were ushers.

Miss Kendra Page, of Virginia Beach, cousin of the bridegroom, was the flower girl. Master Matthew Page, also of Virginia Beach and cousin of the bridegroom, was the ring bearer.

Mr. Dean Page was the soloist, the selections "Truly" and "The Wedding Song". Mrs. Alice Faye Burks was the accompanist.

Mrs. Harriette Robinson was the mistress of ceremonies, with Miss Marie Waldo attending the guest register.

The bride is a graduate of Granby High school, Norfolk, and is employed by Esteppe Olds-Datsun.

The bridegroom is a graduate of Appomattox County High School and is employed by Allen Morrison.

After the honeymoon, the couple will live in Appomattox.

Photo by Joe Vaughan

Mrs. Timothy Wayne Page

Young Hearts Club meets today

The Young Hearts Club will meet on Wednesday, September 28 at 10:30 a.m. at Red Oak Baptist Church.

Members are asked to assemble at the United Memorial Methodist Church at 10 a.m. to pool rides.

Plan now to attend and bring musical instruments.

Social Notes

Gail Bunch of Suffolk, visited her grandmother, Mrs. Viola Ferguson over the weekend. Visiting last week in the same home was Rita LaFay Salmond of Suffolk.

Mrs. Tootsie Henderson visited her mother, Viola Ferguson over the weekend.

* * *

Mr. and Mrs. Herbert Richardson, Mr. and Mrs. Clark Lewis, Mr. and Mrs. Jimmy Marshall, Mr. and Mrs. Clayton Martin, Mr. and Mrs. Tye Bollinger and Mr. and Mrs. O. W. Martin, Jr. have returned home after a week's stay at Ocean Isle Beach, N.C.

Harris to wed Elliott

Mr. and Mrs. A. Lewis Harris, Sr. and Mr. and Mrs. Charles L. Elliott are proud to announce the forth coming marriage of their children, Debbie Sue and Howard Linwood.

The couple will be united in marriage on November 12, 1983 at seven o'clock in the evening at Rocks Baptist Church, Pamplin, Virginia.

Al friends and relatives are invited to attend.

Colemans, Harveys slate reunion

The Coleman-Harvey annual family reunion will be held on Sunday, October 2 at the Harvey home place at Rosebower.

All friends and relatives are invited to attend and bring a covered dish.

Crystal Lynn Fields

Miss Fields engaged

Mr. and Mrs. Haven M. Fields proudly announce the engagement of their daughter, Crystal Lynn, to Robert Stanley of Buckingham.

No date has been set for the wedding.

Shower honors Miss Gallatin

Miss Fay Thomas of Gallatin, Tennessee, was honored with a miscellaneous bridal shower on Thursday, September 15 at the home of Mr. and Mrs. Abbitt Coleman. Hostesses for the occasion were Mrs. Shelly Bryant, and Mrs. Newlyn Morris. Miss Thomas was presented with a corsage of dusty rose and beige which carried out the color scheme of her wedding.

Among the friends and relatives present, was Mrs. Abbitt Coleman, mother of the groom.

The marriage of Miss Thomas to Mr. Keith Coleman was an event of September 24.

Birth announced

Mr. and Mrs. Michael L. Lewis and their three year old son, Dylan, proudly announce the arrival of a baby boy, Mitchell Landon, born on September 19.

Maternal grandparents are Mr. and Mrs. Elliott Torrence. Maternal great-grandmother is Mrs. Lave Torrence.

Paternal grandparents are Mr. and Mrs. Ronald Lewis. Paternal great-grandmothers are Mrs. Theo Lewis and Mrs. Kathryn Ramsey.

Mrs. Ricky Jones Osborne

Clark, Osborne are wed

The marriage of Cynthia Gail Clark to Ricky Jones Osborne, both of Appomattox, took place on Friday evening, September 9 at 7:30 in Memorial United Methodist Church with the Reverend Edward Leonard, Jr., pastor, officiating.

The bride is the daughter of Mr. and Mrs. James L. Clark of Appomattox and the groom is the son of Mr. and Mrs. Dennis Osborne, also of Appomattox.

The bride was given in marriage by her parents.

Miss Gail Pugh, of Appomattox, friend of the couple, was maid of honor.

Mr. Osborne was best man for his son.

The bride and groom are both students at Appomattox County High School.

Following the ceremony, the parents of the bride entertained with a reception at their home.

The couple is residing in Appomattox.

Woman's Club meets Monday

The Woman's Club of Appomattox will meet on Monday, October 3 at 7:30 in the Farmers National Bank, Triangle Plaza. The Health Department will be in charge of the program.

All members are encouraged to attend

Shower honors Carter

Miss Laura Carter was honored with a shower on September 10 given by her aunt, Mrs. Judy Johnson, in the Johnson home.

Friends and relatives attended.

Birth is announced

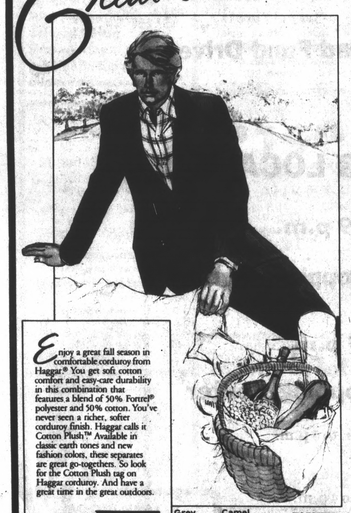
Mr. and Mrs. W. Jeffrey Woodson, of Concord, announce the birth of their daughter, Nomecha Susanne Woodson, on August 16, 1983.

Maternal grandmother is Mrs. Nomecha (Mickey) Porton of Appomattox, and paternal grandparents are Mr. and Mrs. W. Carter Woodson of Lynchburg.

Maternal great grandparents are Mr. and Mrs. Jesse Guill of Appomattox, and Mrs. Harve Porton of Idabel, Oklahoma.

Paternal great grandparents are Mr. and Mrs. R. Garland Holt and Mrs. Bernice B. Woodson, also of Appomattox.

Great outdoors



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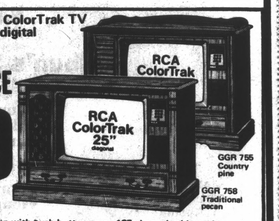

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Good news for homemakers

Fruit, a part of your diet

By SHIRLEY W. WALTON
Extension Agent

Enjoy Eating Fruit

Are you calorie conscious? Do you worry about eating the proper foods? Whether you are nine or ninety, fruit should be a part of your diet.

A wide variety of low calorie snacks, salads and desserts can be created with fruits. In addition to fewer calories, there are some nutritional bonuses. Oranges, grapefruits, strawberries and watermelons are good sources of Vitamin A. Fruits such as apples and raspberries are not packed with nutrients, but do contain small amount of vitamins, trace minerals and fiber.

Fruit can help make between meal nibbles a nutritional plus. One quick and easy snack can be made by filling a cored apple with cheese. Mash sharp cheddar or any other favorite cheese with a fork until creamy. Wash and core apples, removing both stem and blossom ends and fill the cavity with softened cheese. Fill the apple until the cheese is firm enough to slice. Then slice crosswise and enjoy. This makes a lovely snack for a party and small apples are recommended.

Teenagers particularly are heavy consumers of soft drinks. Fruit juices can be just as refreshing and much better choice nutritionally. One cup of apple juice contains fewer calories than a cola beverage and adds a small amount of iron to the diet. Try experimenting with combinations of juices: For example, one cup orange juice, ¾ cup lemonade and 2 cups apple cider. You'd be surprised what a delightful combination this would be. This basic recipe can be multiplied as many times as you would like, depending upon the amount of juice you would like to mix up. Be sure to buy products labeled "Juice" rather than those labeled "drinks." Fruit juices must contain 100% pure fruit juice. Fruit drinks usually contain large amounts of sugar and water. Many of these drinks also contain artificial flavoring and coloring.

A wide variety of fruits are grown in Virignia and can be enjoyed several months of the year. Apples are a large crop and several small fruits such as strawberries, cherries, raspberries and blueberries are available during the spring and summer months. We will continue to see a fair amount of fresh fruit on the market during the early fall season.

Availability of fresh fruit is dictated by the season of year. So sometimes canned fruit is a better buy. Fruit is canned is heavy syrup (50% sugar), light syrup (30% sugar), juice or water. Enjoy the natural fruit flavor by choosing fruit packed in its own juices or light syrup.

A special note for those of you who may be diabetic or have to control the amount of sugar intake: Wash any fruit that you purchase that is canned in heavy syrup. You may do so by letting running water from the faucet run over the fruit to remove the excess sugar syrup. Blot with a paper towel, and you are ready to serve. This will help in families where someone can eat the canned fruit that is prepared in the sugar syrup and other family members cannot.

If you have a homemaking question or problem, call 352-8244 or you may write P.O. Box 488, Appomattox, VA 24522.

Have a good week!

SPECIAL ANNOUNCEMENT

Make plans to visit the "Good 'Ole Days" area, to be located in Courthouse Square, during the Historic Appomattox Railroad Festival. Come and enjoy C. B. Rush's hand pressed cider (the best you will ever drink) and Jimmy Ellis' fried pork rinds. Watch the newspaper for more details. Courthouse Square will be filled with special activities from the "Good 'Ole Days."

RECIPE OF THE WEEK
Granola Snacks

2 eggs
2 T. oil
¼ c. apple or orange juice
1 c. whole wheat flour
½ tsp. baking powder
3 c. granola cereal
½ c. raisins

Preheat oven to 350°F. Lightly grease 2 cookie sheets. In large bowl, beat together eggs, oil and juice until well combined. Stir in flour and baking powder. Fold cereal and raisins into batter. Drop by heaping T. onto cookie sheets. Bake 10-12 min. Makes 20 granola snacks.

Please note that this cookie recipe does not have sugar added to the batter. This will be excellent snack or addition to a lunch box.

County Line news

Mr. and Mrs. Paul Coleman visited Mrs. Laura Ferguson Saturday night.

Sorry to hear of the accident of Mrs. Linda Booth. Our prayers and best wishes are with her and her family.

Mr. and Mrs. Ray Phillips, of South Carolina, spent several days last week with Mr. and Mrs. Henry Mann.

Let's continue to pray for Mr. Roger Covington and Mr. Henry Mann who is still on the sick list; also Mr. Emery Mullins. We hope they will be better soon.

Mrs. Nelson Mann, Mrs. Elliott Nash, Tony Mann and Dawn Kerr visited Mr. Harmon Jennings, of Lynchburg, Sunday afternoon.

Mrs. Virginia Banton and Mrs. Dale Jones took their Bible School Class of Central Church to the Surrender Grounds on Sunday afternoon and had supper at the Burger King.

Mrs. Twyman Nash and son, Todd, visited Mr. and Mrs. Lacey Sharp Sunday afternoon.

Mr. and Mrs. Robert Mullins and Shelia and Mr. and Mrs. Skinney Woolridge visited Mr. and Mrs. Emery Mullins Sunday afternoon.

Mrs. Pete Cyrus and Stacy visited Mrs. Elliott Nash and Dawn Saturday afternoon.

Mrs. Henry Mann visited Mrs. Rachel Cyrus Wednesday afternoon. Glad Mrs. Cyrus is improving.

Mr. and Mrs. Billy Reynolds, of Spout Spring, visited Mr. and Mrs. Elliott Nash and Mr. and Mrs. Richard Nash Thursday afternoon.

Mr. and Mrs. Michael Nash entertained on Sunday at their home in Concord celebrating their son, Jason on his first birthday. Those present for the occasion were Mr. and Mrs. Kenneth Nash, Mrs. Cornelia Booth, Mr. and Mrs. Allen Nash, Brandy and Allen, Jr., Mr. and Mrs. Ward Kanode and Tee, Steven Nash, Connie Clifton, Mr. and Mrs. Ronnie Nash, Mr. and Mrs. Harold D. Johnson, Mrs. Gilda Mayberry, Mrs. Nancy Gallier, Julie and James Gallier, Mr. and Mrs. Jerry Hudosn, Butch Hudson, Rita Goin, Thomas Goin, Teresa Mayberry, John Goin, Mrs. Alice Jean Childress, Tammy and Boo Childress, Susan Thomas and Mr. and Mrs. Marshall Watson. Jason received a lot of nice gifts and delicious refreshments were served.

Dot Paulette and Ed Carter visited Jason Nash on Sun., Sept. 25.

Maxwell promoted

MB-1 James H. Maxwell has been promoted to Boatswain Mate Chief E-7. Chief Maxwell lives in Alameda, Calif. with his wife Kathy and children. He is currently stationed aboard the U.S.S. Mars which will leave in Nov. for a 7 months deployment of the Far East.

Chief Maxwell has been in the Navy for 14 years. He is the son of Mr. and Mrs. James E. Maxwell of Appomattox.

Con$umer ene Note$

By OCIE M. MACK
Extension Agent

Plans are being made to conduct an adult beginners clothing construction workshop in the month of October. The preliminary meeting will be held on Thursday, Oct. 4, 1983, from 10 a.m. to 12 noon in the Extension Office Meeting Room. The actual workshop will be held the week of October 10 - 14, 1983, from 9 a.m. to 4 p.m. Sessions will focus on hands-on experience in pattern layout, operation and use of the sewing machine, setting in sleeves, zippers, collars, etc. Individuals interested in participating in this workshop should call the Extension Office at 352-8244 on or before Thursday, Oct. 3, to register.

Sewing Machine Maintenance Workshop is scheduled to be held on Thursday, Oct. 20, 1983 from 9 a.m. to 12 noon at the District Extension Office Auditorium (next door to the Post Office). Any individual who participates in this workshop will get hands on experience in the care and operation of his or her sewing machine. This will include cleaning and oiling the sewing machine correctly. Persons interested in attending this workshop should call the extension office at 352-8244 and register on or before Oct. 17, 1983.

Volunteers needed

Community volunteers are needed to help at Appomattox Primary School. If you have even a spare hour a week to listen to a child read, to tell a story or to otherwise assist in a teacher-supervised activity, you can volunteer. We'd also love to hear about your hobby, travels or job experiences. Please call 352-5831 or 352-5766.

A coffee will be held at 10 Friday morning, Sept. 30, for all those interested.

Central Baptist news

Sunday, October 2, will be High Attendance Sunday at Central Baptist Church.

Sunday School will begin at 10 a.m. The Rev. Winifred Elder will be guest speaker at the morning worship service. Special music will be provided by The Fellowship Four and Jackie.

Lunch will be served on the grounds at 12:30. Everyone is invited.

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NUTRITION TASK FORCE members discuss needs and resources in Appomattox County at last Wednesday's meeting.

Nutrition task force members meet

Nutrition task force members, Mr. Thomas Chilton, Mr. Herbert Fleshman, Mrs. A. Fratrick, Mr. Francis Elliott, Mr. Barry Elder, Mr. Richard Martin, Mr. and Mrs. Robert S. Miner, Ms. Eva Mae Jones, Mr. Harmon Smith, Mr. Franklin Vaughan, Rev. Melvin Winters, and Mrs. Lloyd Walton met with the members of the Appomattox County Board of Social Services: Horace W. Coleman, Jr., Louise L. Martin, Herbert Richardson, and Virignia M. Babcock on Wednesday, September 21, to assess nutrition needs and resources in Appomattox County.

Mr. T. C. Jones, activing director, Central Virignia Commission on Aging, discussed nutrition services provided by CVCA to Appomattox County citizens and the potential for the development of additional satellite nutrition sites in the Pamplin, Oakville, and Stonewall areas of Appomattox County. Additional home delivered meals to the elderly and handicapped persons was another of the services offered by CVCA to the county residents. Coordinating the delivery of the meals with the assistance of volunteers for heating and transporting the meals to the recipients is a necessary element in meeting the nutritional needs.

Appomattox nutritional needs coincide with CVCA's goal of structuring four feeding sites in each of the six government jurisdictions in planning District 11. A reimbursement of 20 cents per mile could be paid persons for transporting participants to the meal sites or carrying meals to the homebound. The goal of feeding at least 20 persons at each site inter-relates to the goal of not exceeding $3.18 per meal cost.

Membership representing the respective agencies of: The Appomattox Assembly, NAACP, Appomattox Volunteers, The Commodity Foods Coordinator, The Appomattox County Department of Social Services, St. Anne's Episcopal Church, The Appomattox County Board of Supervisors, Appomattox Extension Service, The Administrative Board of CVCA, Appomattox Baptist Association, and Appomattox County consumers will give leadership and guidance to the coordination of additional nutritional services to Appomattox County citizens.

Persons who have knowledge of homebound persons who may be in need of home-delivered meals are asked to contact one of the members of the task force.

As additional nutritional needs for Appomattox County citizens surface, there is an even greater demand for increased financial support for payment of a commodity foods freezer which has been placed at Appomattox Depot.

Local historical society holds meeting

The Appomattox County Historical Society held its September meeting in the home of Virginia and Francis Tyler. The speaker, Mr. Bill Britton, presented possibilities and plans for a proposed Appomattox County drama. Much interest was shown in the plans. Refreshments were served following the meeting.

Plans were announced for a bake sale to be held on Saturday, October 8 on the parking lot by Marshall's Store. Members who were not at this meeting are asked to call Mrs. Ellen O'Brien to tell her what they will bring for the bake sale.

The Research and Publication committee appreciates the response of those who have already sent in completed family information forms and would appreciate cooperation from those who have not as yet responded. Information may be sent to Mrs. Betty Drinkard, Route 3, Appomattox.

Anyone who has historical data on churches in the county is asked to send information to Hazel Lee Martin, Route 3, Appomattox. Some churches are no longer in existance and some are new. Information is needed on any and all churches that have ever been in existance in the county.

The next meeting of the society is scheduled for December 5 with December 12 as snow date.

The Appomattox County Historical Museum is open Tuesday, Thursday and Saturday, 1 to 4 p.m. this week.

Open hours for the Appomattox Railroad Festival will be Saturday, Oct. 8, 1 to 5 p.m., and Sunday, Oct. 9, from 2 to 5 p.m.

The museum will be closed during the winter months.

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